



# ***IS YOUR BABY GAINING WEIGHT A LITTLE TOO FAST?***

**Health Tips  
For Mothers & Fathers**

The growth charts are saying, “Watch out! This baby is gaining weight a little too fast!”

This does NOT mean that your baby is “fat” or has a weight problem.

It means your baby is gaining fast and COULD have a weight problem if it keeps up.

**Your Baby Still Needs To Gain  
Weight, Just A Little More Slowly!**

Here are some things you can explore:

**\* Are other people feeding my baby too much?**

Are older children giving my baby candy or kool-aid and other sweet beverages?

If the answer is **yes**, make some new rules.

**\* Is somebody feeding my baby every time my baby cries?**

This could happen at home or in day care.

If the answer is **yes**, make some new rules.

**\* Is my baby drinking too much milk and juice?**

If the answer is **yes**, try giving a pacifier. Babies need to use their sucking reflex.

**\* Is my baby getting too many sweets?**

If the answer is **yes**, give more plain fruits. Don't give baby food desserts or candy. Make some rules for others to follow. Let others know you are serious.

**\* Is my baby getting fried foods?**

If the answer is **yes**, cut them out. Also cut out chips and other high fat snacks.

**\* Is my baby getting cereal in the bottle or food from an infant feeder?**

If the answer is **yes**, it is time to give all baby's food with the spoon.

## **Remember:**

Your baby should not go on a diet! Your baby does not need to lose weight! Your baby just needs to gain weight a little more slowly!



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NPE - R07/04